

DofE EXPEDITIONS





<u>AIM</u>

To **inspire** young people to develop **initiative** and a sense of **adventure** and discovery, by planning, training for and completing an adventurous **journey** as part of a **team**.

BENEFITS

Sharing responsibility, teamwork, leadership, self-reliance, overcome challenges, decision-making, manage risk, taking responsibility, learn new skills. FUN!



WHAT HAPPENS ON EXPEDITION?



Expeditions take place not too far from home, in a location accessible by public transport or parent drop off.

As a team you will travel through the countryside, through fields and woodland, passing farms and villages following a planned route.

The first expedition is a Training Expedition where teams are taught navigation and campcraft skills. The Qualifying Expedition is completed self sufficiently without help from outside the team.



WHAT HAPPENS ON EXPEDITION? Key info; 6/7 people in a team 6 hours walking each day Following a route the team has planned Carrying everything needed in a rucksack Camping overnight Cooking on camp stoves

CHALLENGES vs BENEFITS



BLISTERS

LOST

EXHAUSTED

EMOTIONAL

OUT OF COMFORT ZONE

WET

COLD / HOT

UNEVEN GROUND

ACHING

DETERMINATION

AMAZING MEMORIES

VISIT BEAUTIFUL PLACES

CONFIDENCE

POSITIVE MENTAL ATTITUDE

DECISION MAKING

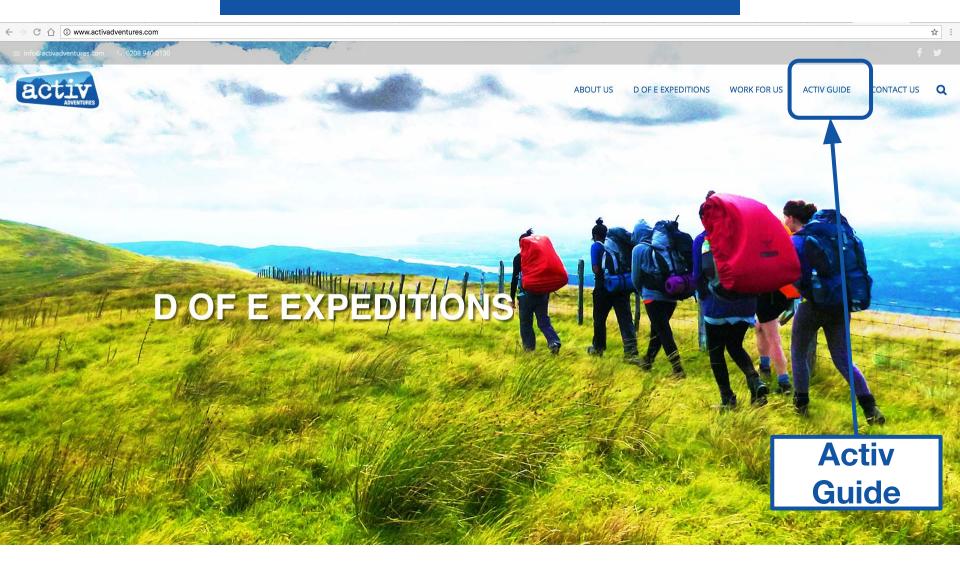
INDEPENDENCE

MANAGING RISKS

FRIENDSHIPS



www.activadventures.com



info@activadventures.com



ANY QUESTIONS?



